



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 90560, Mollusks, snail, raw

Report Date: June 27, 2017 07:05 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Proximates					
Water	g	79.20	--	--	67.32
Energy	kcal	90	--	--	76
Energy	kJ	377	--	--	320
Protein	g	16.10	--	--	13.69
Total lipid (fat)	g	1.40	--	--	1.19
Ash	g	1.30	--	--	1.10
Carbohydrate, by difference	g	2.00	--	--	1.70
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	10	--	--	8
Iron, Fe	mg	3.50	--	--	2.98
Magnesium, Mg	mg	250	--	--	212
Phosphorus, P	mg	272	--	--	231
Potassium, K	mg	382	--	--	325
Sodium, Na	mg	70	--	--	60
Zinc, Zn	mg	1.00	--	--	0.85
Copper, Cu	mg	0.400	--	--	0.340
Selenium, Se	µg	27.4	--	--	23.3
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.010	--	--	0.009
Riboflavin	mg	0.120	--	--	0.102

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Niacin	mg	1.400	--	--	1.190
Vitamin B-6	mg	0.130	--	--	0.111
Folate, total	µg	6	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	5
Folate, DFE	µg	6	--	--	5
Choline, total	mg	65.0	--	--	55.2
Vitamin B-12	µg	0.50	--	--	0.42
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	30	--	--	26
Retinol	µg	30	--	--	26
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	100	--	--	85
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	5.00	--	--	4.25
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1
Lipids					
Fatty acids, total saturated	g	0.361	--	--	0.307
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.056	--	--	0.048
16:0	g	0.249	--	--	0.212
18:0	g	0.051	--	--	0.043

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Fatty acids, total monounsaturated	g	0.259	--	--	0.220
16:1 undifferentiated	g	0.048	--	--	0.041
18:1 undifferentiated	g	0.211	--	--	0.179
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.252	--	--	0.214
18:2 undifferentiated	g	0.017	--	--	0.014
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.015	--	--	0.013
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.119	--	--	0.101
22:5 n-3 (DPA)	g	0.099	--	--	0.084
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	50	--	--	42
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0